

Positive Action: an “Approved” Model for Whole-School Reform

The Model

Positive Action is an evidence-based, **“Approved” Whole-School Reform Model** that addresses the school’s entire eco-system—school, family, and community.

WHAT

- It is a system with engaging, easy-to-use components.
- It provides training/PD/consultation services.
- It provides evaluation services.
- It provides administrative services.

WHY

- It is **evidence-based for improving academics, behavior, social and emotional learning, and mental and physical health.**
- It is affordable and **cost effective.**

WHEN

- Anytime a school is dedicated to excellence.
- Anytime an intensive, effective turnaround program is needed.
- Anytime a school needs interventions for special populations.

WHERE

- In the classroom—regular, special needs, interventions.
- In the school—schoolwide, alternative sites, and afterschool.
- In the home.
- In the community.

WHO

- Educators, families, and communities who want to succeed.
- A Coordinator and a Committee administer the program.

HOW

Positive Action is a comprehensive program that is delivered through toolkits that are complete with manuals and all the materials needed to carry out the lessons and activities. Each component can stand alone, be configured in any combination, or be used as part of the whole.

The **program components** include:

School

- PreK–12 classroom kit
- Supplement Kits
- Counselor’s Kit
- Climate Development Kits

Family

- Family Kit
- Family and Parenting Classes Kits

Community

- Community Kit



Get to the Roots Of Behavior



Grade 4 Instructor's Kit

A **PreK–12 classroom kit** for each teacher and 30 students. Scripted lessons take 15–20 minutes.

A **Succeeding with Positive Action** guide is provided to explain how to implement *Positive Action* effectively.

Positive Action gets outcomes: academics, behavior, social and emotional learning, physical and mental health, and school climate and culture—simultaneously.

Moving from NCLB to ESSA: Using the *Positive Action* Whole-School Reform Model as an “Approved” Evidence-Based Program

Schools can use School Improvement Grants’ *Positive Action* Whole-School Reform model for Title I’s Comprehensive Support and Improvement schools. Both NCLB SIGs and ESSA’s Title I CS&I require evidence-based programs. *Positive Action*’s Whole-School Reform model is a perfect choice to address the needs of struggling schools

because it is a proven approach for transforming the nation’s lowest-performing schools.

Why use a patchwork of non-evidence-based programs when you can get *all* of *Positive Action*’s outcomes with one program that is consistent, engaging and easy-to-use?

A Brief History

NCLB—School Improvement Grants

The U. S. Department of Education, under NCLB, distinguished the *Positive Action* program as **one of four programs** in the nation “Approved” for the Whole School Reform model. WSR is the *only* SIG model that was required to be evidence-based.

Requirements:

1. Must be evidence-based by having at least one study (PA has three) that met the standards of the U.S. Department of Education’s What Works Clearinghouse: *Positive Action* met the requirements for outcomes in:
 - A core academic area with reading and language arts outcomes.
 - At least one “Other” area with behavior, social emotional learning (SEL), school climate, mental and physical health, and character outcomes.
2. Must serve ALL students.
3. Must promote leadership and school climate.
4. Must engage parents.
5. Must engage the community.
6. Must include a sustainability component.

ESSA—Comprehensive Support and Improvement Schools

Under ESSA, the requirement is for *all* interventions to be evidence-based.

Requirements:

ESSA—Department of Education

ESSA requires state accountability plans under the law to demonstrate “Evidence-based interventions” and defines “Evidence-based” in four tiers.

Positive Action has studies that meet the requirements in *all* of the tiers but show here the two highest tiers.

ESSA Tiers of “Evidence-Based”

- 1 “Strong evidence,” meaning supported by at least one randomized study (RCT);
- 2 “Moderate evidence,” meaning supported by at least one quasi-experimental study;

Positive Action

- ✓ 3 Studies:
RCT: Chicago
RCT: Hawaii
RCT: Southeastern State
- ✓ 3 Studies:
Quasi: Long-term
Quasi: Nevada,
Hawaii

Important Registries Listing Evidence-based programs:

What Works Clearinghouse

The U.S. Department of Education listed *Positive Action* on What Works Clearinghouse as the top-rated program in the nation for improving academics and behavior.

- ▶ Academic Achievement: +14 percentile points
- ▶ Behavior: +19 percentile points

Evidence for ESSA

- ▶ “Strong” ESSA Rating—Math
- ▶ “Strong” ESSA Rating—Reading

Contact us now to discuss how we can assist your schools to achieve the highest level of success.



Empowering
everyone to
become their
greatest selves.



Positive Action[®]
2017 Catalog

The Positive Action[®] System

Philosophy:

You feel good about yourself when you do positive actions, and there is a positive way to do everything.

Develops a common language and shared goal.

Thoughts-Actions-Feelings

Circle Applies the Philosophy.



Whole Self:

Physical + Intellectual + Social + Emotional

Unit 1

Philosophy & Circle

Unit 2

Physical & Intellectual

Unit 3

Social & Emotional Self-Management

Unit 4

Social & Emotional Social Competence

Unit 5

Social & Emotional Self-Honesty

Unit 6

Social & Emotional Self-Improvement

Family Programs

- Family Kit
- Family Classes Kit
- Parenting Classes Kit

Classroom Curriculum

- PreK-12 Instructor's Kits
- Elementary Bullying Prevention Kit
- Elementary Drug Supplement Kit
- Secondary Drug Supplement Kit

Community Program

- Community Kit
- Counselor's Kit
- Conflict Resolution Kit
- Family Kit
- Media Kit

Climate Program

- Elementary Climate Kit
- Secondary Climate Kit

Counselor's Program

- Counselor's Kit
- Conflict Resolution Kit
- Elementary Bullying Prevention Kit
- Drug Education Supplement Kits

Our Mission: Empower Greatness

Mission Statement

The *Positive Action* System empowers greatness in individuals and their schools, families and communities by teaching them to do positive actions physically, intellectually, socially and emotionally within a coherent system.

The *Positive Action* System empowers greatness.

For more than 30 years, components of the *Positive Action* system have been used nationally and internationally in more than 15,000 schools and organizations and 10,000 homes, reaching 5 million students. Research and evaluations have found robust evidence of the system's effectiveness. Its multiple outcomes make it useful for many purposes.

The System

In the five-layer *Positive Action* System, each layer builds upon the others to provide the structure, organization, and logic for a whole integrated system. The first four layers contain the content, and the fifth layer outlines the tools through which the content is delivered.

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Would students value their education more if they knew it would help them find their genius—their own, unique *greatness*?



EVIDENCE-BASED

Extensive research has been done on the *Positive Action* System.

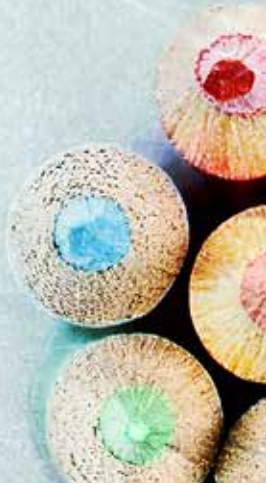
School-based program:

- two randomized-controlled trials (one in Hawaii, one in Chicago Public Schools) were conducted on the school-based program, resulting in 16 articles published in peer-reviewed journals;
- one quasi-experimental study with outcomes published in a peer-reviewed journal;
- one randomized-controlled study conducted on *Positive Action* as a Tier 2 targeted program, with outcomes published in a peer-reviewed journal;
- one randomized-controlled trial completed on the pre-kindergarten program with outcomes published in a peer-reviewed journal.

Family classes program:

- two randomized-controlled trials conducted on the family classes program.

Many organizations and agencies have independently reviewed this research and evaluation, determined that it met their standards for evidence of effectiveness, and placed the *Positive Action* program on their list or registry. The following nine key organizations represent a broad range of outcomes. *Positive Action* is the **only** program to qualify for placement on all of these lists.



No other program is on ALL of these validated, evidence-based lists.

**WHAT WORKS
CLEARINGHOUSE™**

U.S. Dept. of Education

**Whole School
Reform**

U.S. Dept. of Education



Special Education



Social & Emotional
Learning



Blueprints for
Healthy Youth Development



Mental Health
Substance Abuse Prevention



Violence & Delinquency
Prevention



National Institute of Justice

stopbullying.gov

Bullying Prevention



National Dropout Prevention
Center/Network



You feel
GOOD about
YOURSELF when you do
POSITIVE Actions

**How do you measure
greatness?**



Outcomes

Results from multiple studies demonstrate that *Positive Action* affects a wide range of outcomes including academics, multiple behaviors, character, social and emotional well-being, and mental and physical health. A long-term study of *Positive Action* outcomes also found evidence of the sustainability of its effects. For a complete listing of all outcomes, please visit our website at www.positiveaction.net.



51%

Improvement in
MATH

20%

Improvement in
READING

43%

Improvement in
**African
American Males
READING**

37%

Reduction in
**DROPOUT
RATES**

19%

Improvement in
**PRO-SOCIAL
INTERACTION**

51%

Reduction in
BULLYING

85%

Reduction in
**DISCIPLINARY
REFERRALS**

Behavior

- ↓ 51% Bullying
- ↓ 62% Violence
- ↓ 47% Tobacco Use
- ↓ 46% Alcohol Use
- ↓ 73% Student Drug Use
- ↓ 73% Suspensions

Social-Emotional

- ↓ 81% Aggressive Problem Solving
- ↓ 27% Negative Moral Center
- ↓ 17% BASC Depression Scale
- ↑ 28% Respect for Teacher
- ↑ 19% Pro-Social Interaction
- ↑ 13% Self-Control

Pre-K

- ↑ 22% Self-Concept
- ↑ 19% Intellectual Health
- ↑ 21% Physical Health
- ↑ 27% Self-Control
- ↑ 17% Respect
- ↑ 17% Honesty

Family

- ↑ 10% Family Cohesion
- ↑ 14% Parent/Child Bonding
- ↓ 17% Family Conflict

Youth

- ↑ 7% Family Cohesion
- ↑ 8% Decision-Making
- ↓ 13% Family Conflict

Long-Term

- ↑ 18% Employed After High School
- ↑ 38% Higher Education After High School
- ↓ 13% Family Conflict

How the System Works

Positive Action is based on one fundamental philosophy, found in all of its materials. The philosophy is depicted through a Thoughts-Actions-Feelings About Self Circle. The positive actions learned, organized into six units, are for the whole self.

SIX-UNIT CONTENT

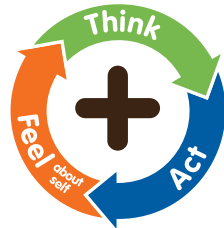
All program components have a common theme based on the content of six units, to provide a common language and shared vision throughout the system.

Unit 1

Conceptual Philosophy & TAF Circle

Unit 1 introduces the philosophy that you feel good about yourself when you do positive actions, and there is a positive way to do everything. The philosophy is applied with the “Think-Act-Feel” circle, which illustrates that positive thoughts lead to positive actions, and positive actions lead to positive feelings about yourself. Unit 1 addresses how the philosophy relates to:

- Intrinsic Motivation
- Behavior Process
- Character Development
- Decreasing Negative Cycles
- Increasing Positive Cycles
- Skills for Greatness



Unit 2

Positive Actions for a Healthy Body and Mind

Unit 2 teaches positive actions for developing a healthy body and mind.

- **Positive actions for physical health:** nutrition, exercise, hygiene, avoiding harmful substances, sleep and rest, and avoiding illness.
- **Positive actions for intellectual health:** thinking skills (creative and higher-order), problem-solving and decision-making, reasoning, memorization, curiosity, and valuing learning.

Units 3-6

Social & Emotional Positive Actions

Unit 3: Self Management—Managing Yourself Responsibly: managing your time, energy, thoughts, actions, feelings, money, possessions and talents.

Unit 4: Social Skills—Getting Along With Others: treating people the way you like to be treated.

Unit 5: Self Honesty—Being Honest with Yourself and Others: not blaming others or making excuses, doing what you say you will do, and knowing your strengths and weaknesses.

Unit 6: Self Improvement—Improving Yourself Continually: setting long- and short-term goals.

TURNING NEGATIVE CIRCLES...



Individuals

- Struggle academically or drop out
- Abuse substances
- Engage in bullying and violent behavior
- Engage in criminal activity and juvenile delinquency
- Have conflict in their relationships
- Lack work ethic and job skills

Schools/Sites

- Higher classroom disruptions
- Higher bullying & violence
- Higher drop-outs & retentions
- More absenteeism
- Lower school safety
- Lower school performance

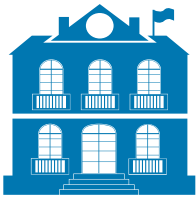
Community

- Higher classroom disruptions
- Higher bullying rates

**Positive Action®
Process**

A system of tools for greatness.

empower greatness+



School Programs

Are excellent for public and private classrooms, before and after school, charter, and other school and community settings.

- PreK–12 Instructor’s Kits
- Elementary Bullying Prevention Supplement Kit
- Elementary & Secondary Drug Education Supplement Kits
- Elementary & Secondary Climate Kits
- Counselor’s Kit



Family Programs

Are integrated into home settings. There are tools for parenting and family classes for schools, and tools for individual families.

- Family Kit
- Family Classes Kit
- Parenting Classes Kit



Community Programs

Organize a community coalition and mobilize community groups: mental health, media, businesses and others for community-wide events and community group projects.

- Community Kit
- Counselor’s Kit
- Conflict Resolution Kit
- Family Kit
- Media Kit

Some applications for Positive Action®:

Academic Achievement • Substance Use Prevention • Behavior • Bullying Prevention School & Classroom Management • Community Involvement • Conflict Resolution Counseling & Guidance • Diversity Education • Dropout Prevention • Family Engagement Gang Prevention • Law Enforcement Outreach • Life Skills • Mental Health • Obesity Prevention Physical Health • RTI (multi-level) • Social-Emotional Learning • School Climate/Safety Development • Self Concept • Special Education • Suspension Reduction • Title I–V Violence Prevention • Youth Development • Whole School Reform

...INTO POSITIVE ONES

Individuals

- Enjoy school, succeed academically
- Less likely to abuse substances
- Less likely to participate in criminal and violent activity
- More empathetic
- More health-conscious
- Go on to higher education
- Network of healthy, positive relationships
- Choose successful career paths
- Become productive, contributing adults

Schools/Sites

- Safer, nurturing environments
- Fewer referrals
- Fewer truancies/absenteeism
- Fewer drop-outs/less grade retention

Community

- Safer, nurturing environments
- Fewer criminal and violent incidents



The Tools

Pre-K–12 Curriculum Kits

Time is important. That's why everything you need to implement *Positive Action* is in the box, ready to go, including a manual with engaging, 15- to 20-minute scripted lessons and all the materials needed to teach the interactive lessons: posters, games, activity sheets/booklets, music, and manipulatives. All student materials are prepared for a classroom of 30. The program is flexible and can be customized to fit your needs, resources and time constraints. Each component can stand alone or work with other components in any configuration—seamlessly or as a whole system.

All grades follow the same six unit concepts, so students across grades can experience the same concepts at the same time, creating a coherent site-wide message. With more than 2,000 unique lessons a year to build upon the subject matter, you needn't repeat a single lesson.

Lessons include a variety of strategies: stories, plays, games, activity sheets, hands-on activities, journaling, role-playing, Q&A, full-color posters, music and more. Each kit includes items such as (but not limited to):

1. Instructor's Manual
2. Manipulatives
3. Full-color posters
4. Student activity sheets/booklets



Positive Action materials are bright, colorful and engaging.



Sample Grade 1 Kit

Age-appropriate, interactive, engaging lessons at each grade level. Strategies: stories (fiction and non-fiction), poetry, games, Q&A, role-playing, scenarios, hands-on activities, handouts, posters puppets and music.

- 10- to 15-minute scripted lessons
- 130 PreK lessons and 140 K-6 lessons per kit
- 30 activity sheets/booklets, manipulatives and journals (Gr. 4-6)
- 12 or more full-color posters
- Music—grades PreK-3
- Puppets—grades PreK-1

In middle school, Grade 7 covers Units 1 through 3 and Grade 8 covers Units 4 through 6. Each grade contains an interactive play, stories, activity booklets, journals, games, posters, and manipulatives.

- 82 15- to 20-minute scripted lessons
- 30 activity booklets and other student manipulatives
- 16 play books



Sample Grade 7 Kit

Four kits are available for high school grades 9 through 12 that are interchangeable. Each kit is unique in its purpose and contains 132 scripted, 15- to 20-minute lessons, plus activity sheets, games, manipulatives, posters, 30 student texts and journals.

- **Kit 1**—Life’s Big Question: “Who Am I?": Focuses students on who they are and who they want to become.
- **Kit 2**—“Lives on the Line” Play: Students role-play characters to learn about themselves by doing positive actions in scenes from the play around the themes of the six units.
- **Kit 3**—Projects for Teens: Students have a unique project for each of the six units in which they create a product: collage, health fair, newsletter, community service, art projects with posters and T shirts, and media activities such as commercials and PSAs.
- **Kit 4**—Life Training for Teens. Two Options: By teaching each other lessons in small groups with the teacher facilitating, students can (1) choose to teach and mentor each other as peers or, (2) teach lessons to each other by playing roles as family members to learn the lessons from the Positive Actions for Living manual. Includes 42 lessons, 6 visual aids, games, manipulatives, posters and more.



Sample High School Kit 1

SCHOOL CLIMATE KITS



Elementary Climate Development Kit

Words of the Week Cards, stickers, ICU Doing Something Positive Boxes, tokens, assemblies, music and other activities and materials provide vital school- and classroom-wide reinforcement of positive actions learned in the classroom.



Secondary Climate Development Kit

Buzz Words, posters, PALS Club Cards, SOS (Salute Our Students) Boxes, Peace Flag, and other activities and materials provide vital school-wide reinforcement of positive actions learned in the classroom.

CLASSROOM SUPPLEMENT KITS



Elementary Bullying Prevention Supplement

Teaches positive actions to replace bullying behaviors. 21 30-minute lessons, 30 student activity booklets, continuous story, posters, Positive Behavior Plans and Celebrations.



Elementary Drug Education Supplement

Helps students understand that "drug abuse takes pieces out of the whole me." 18 lessons, posters and 30 activity booklets.



Secondary Drug Education Supplement

Using a play, "Escape from the Shadows," students learn the negative effects of drug use.

These kits can stand alone or can be used along with *Positive Action* curriculum kits.

KITS FOR COUNSELING



Counselor's Kit

Individuals, small groups, large groups, classrooms, and families use this tool as a resource for extra assistance and support. 42 lessons, game, music, stickers, posters, and problem-solving checklist.



Conflict Resolution Kit

This tool aids the peaceful resolution of conflict by applying to any situation the ways we like to be treated.





Family Kit

Fun and easy to use, 42 lessons unite the family in doing positive actions at home and in the community.

Condensed Family Kit

Seven lessons, one from each unit of the Family Kit.



Family Classes Kit

Seven two-hour sessions teach 10 families how to use the Family Kit and do positive actions together through interactive lessons taught in sessions for children, adolescents, and adults.

Condensed Family Classes Kit

Seven two-hour sessions teach 10 families how to use the Condensed Family Kit and do positive actions together through interactive lessons taught in children, adolescents, and adult sessions.

Parenting Classes Kit

Seven one-hour sessions teach 10 sets of parents how to guide their families in using the Family Kit and doing positive actions at home.

Condensed Parenting Classes Kit

Seven one-hour sessions teach 10 sets of parents how to guide their families in using the Condensed Family Kit and doing positive actions at home.

Community Kit

This kit guides communities to create coalitions to do positive projects at the community-wide and community group level (i.e. government, media, businesses, social services) to achieve positive goals.



T-Shirts & Totes

Use these as a way to promote and reinforce *Positive Action* in the school or other site.



Miscellaneous Items

Wristbands, stickers, banners, pins, and TAF cards are all part of creating a positive climate in your classroom, school, family, and community. Ask for a price list or visit our catalog online for a full list of items.



Pins



“Empower Greatness” T-Shirt



“Logo” T-Shirt



Stickers



Wristbands



Positive Action®

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Follow
Us!

Training

The recommended length of a training session varies by the scope of the implementation and the number of participants. There are several options and approaches available:

OPTIONS:

Orientation Implementation Training

Instructs participants how to begin and implement the program by explaining the three basic elements of the *Positive Action* program: the Content, which is the philosophy, the Thoughts-Actions-Feelings about Self Circle and the positive actions for the whole self which are described in Six Units; the Tools, which are the PreK-12 curriculum (with supplements for bullying, drug and violence prevention), climate development, counselor, family/parenting and community programs; and the Climate, which results from delivering the content through the tools. Training also covers the outcomes and the studies which produced them that support *Positive Action* as evidence-based, and guides implementation and evaluation of the program. It is interactive with group presentations.

Ongoing In-service Training

Instructs participants how to deliver seven short sessions, using the Ongoing Training Workshop Kit, in an in-service setting spread throughout the year, developing experts in key areas of the program and preparing them to become coaches and mentors for maintaining a strong implementation.

Funding

Positive Action qualifies for many funding streams at the federal, state, district and local levels because it is evidence-based in so many outcome areas. Check out federal agencies such as: U.S. Department of Education (Title I, Title II and Special Ed), OJJDP (juvenile delinquency prevention and health promotion), SAMHSA (substance use prevention and mental health promotion) and NREPP (health promotion and prevention of violence, bullying and other problem behaviors). (See page 2, *Evidence Based, for a list.*) Many nonprofits and other agencies also offer grants to promote healthy behaviors and prevent problem behaviors. Please refer to your state's department of education for more information about funding options that may be available for *Positive Action*. Many schools and organizations have also found success with private foundations and contributions from

Train the Trainer

Participants complete an Orientation Implementation Training then are trained in how to conduct their own training to prepare others to begin and implement the program.

Overview Presentation

Program overview with a *Positive Action* consultant to familiarize participants with the program as they prepare for adoption.

Technical Assistance

Consulting and technical assistance with a *Positive Action* consultant is available and can be contracted on an hourly basis.

APPROACHES:

Online Webinars

Live webinar sessions with a *Positive Action* consultant are effective for up to 20 participants. Three to five hours on average.

On-site

In-person sessions with a *Positive Action* trainer who travels to your site. Effective for up to 50 participants. One-half to five days.

Self-Training Ongoing Training Workshop Kit

Participants use the kit to conduct their own ongoing training workshops throughout the year to encourage the entire staff to continually see new ways to apply the building blocks.

SUPPORT

the community. We also highlight important opportunities on our website as they become available.

Positive Action offers limited consulting services on grant writing, and also provides prepared text on our website to assist with developing grants. Contact us for additional material to prepare your grant.

Design and Implementation

We will happily prepare a proposal to assist you in designing your implementation, and planning your timeline and budget.

Evaluation

Positive Action has a free comprehensive set of measures for assessment and evaluation. Visit www.positiveaction.net to view and download all survey options, or call for details.